



Pre-departure Handbook

Fall 2016 and Full Year 2016 -17

Pt 5 - UR Future: Post Study Abroad Career Opportunities



Information in this brochure is current as of February, 2016, and is subject to change

Photo by Deanna Peterangelo (T5 '17, Neuroscience), taken in Rome, Italy

Life After Study Abroad

INTRODUCTION

Perhaps you've been looking forward to study abroad for a long time, or maybe you just decided to study abroad a couple of months ago. Whatever the case, most students who study abroad remark that it was one of the highlights of their undergraduate studies. Many find that it changes their lives in profound ways. It may be that you'll finally achieve the level of foreign language fluency for which you've been striving for years. Maybe you'll form relationships that will lead your life in new directions. Maybe you'll discover an academic topic that will become the emphasis of your doctoral dissertation. Or maybe you'll find yourself navigating both physical and emotional geographies that you never thought you could explore on your own.

Right now, you can't be certain what might come of your overseas studies, but you can prepare yourself for this transformative experience. A key part of that preparation is to consider how your studies abroad might affect your career and your life plans. Most jobs and graduate programs require you to function in transnational contexts. You may find employment abroad, or you may be stationed overseas for employment or graduate study. If you remain in the U.S., you'll still find yourself constantly interfacing with colleagues across national boundaries. Your study abroad experience will provide you with relevant preparation for these challenges. Think about how to articulate this on your resume, and as you go overseas, be prepared to make contacts that can help you with your career plans.

Students often return from abroad only to begin planning how they might get back overseas again as soon as possible. The "Take 5" Scholars Program and the fellowships for graduate studies are two avenues for accomplishing this goal. Other opportunities include the Peace Corps and similar international volunteer programs. Some of these opportunities have early application deadlines, and may require you to begin the process while you're overseas.

The Center for Education Abroad organizes a variety of programs to help study abroad returnees readjust to life back in Rochester. You can become a study abroad "peer adviser" and share your experiences with underclassmen who are interested in overseas study. You can participate in the Study Abroad Returnee session and subsequent "unpacking your study abroad experience" sessions. These offerings will help you translate your experience abroad into language and anecdotes that employers can understand the value of study abroad. If you'd like to get more involved, there are always opportunities to work in the Center for Education Abroad, to help organize future orientations, design bulletin boards, work on the UR There guide, or other projects. In summary, don't wait until you return from overseas to consider how study abroad might impact your future.

Tips from the Gwen M. Greene Career and Internship Center

Career Center

Dewey Hall 4-200

Rochester, NY 14627

Phone: (585)275-2366 | Fax: (585) 461-3093

<http://www.rochester.edu/careercenter/>

Before You Leave...

- Prepare for life after your time abroad, (for example if you want to do a summer internship, job after graduation, etc) and make contacts or apply for available positions, and inform potential employers how they can contact you while you are away.
- Pairing your time abroad with a volunteer or internship experience can strengthen the skills you pick up, including language abilities and career field knowledge. Talk with a Career Counselor, Study Abroad staff, and even your program site coordinator to determine if a career-related experience might be a possibility. Some study abroad programs have built in internship options, others have strong connections to the local community to help you in finding volunteer opportunities.
- Schedule an appointment with a Career Counselor during the semester before you leave. Make sure you are familiar with the Career and Internship Center's web site, including [Handshake](#), our web driven internship and job posting database, so you can utilize it while you are abroad.
- If you are considering graduate school after graduation, determine what kind of test preparation will be required for standardized tests and when is the best time to take those tests. You will also want to consider when particular graduate school admissions interviews might occur, and plan your time abroad to fit with these.
- Create a resume to take with you. Once you add new experiences, update this document, but always feel free to use this networking tool.
- Set goals! Decide what you want to accomplish abroad and how you will integrate those new skills and knowledge on campus when you return.

While you are abroad...

- In most countries you will have access to the Internet. Use the Career and Internship Center Website to search Internship Listings, Full-time Job Postings, Recruiting Information, and keep up on what's new at the Career and Internship Center.
- If you are working in an internship, make the most of your experience! It is strongly advised that you get recommendations from your supervisor(s) while you are there. Not only will you be less likely to forget to follow up when you return home, but your

contributions will still be fresh in the recommender's mind. Also, you avoid the risk that the supervisor may not be in the same position or even with the same company after you leave.

- If you are considering graduate school, visit the Career and Internship Center website for information and helpful links. Register for any admissions tests or preparation courses you wish to take when you return.
- Develop a network in your host country. Collect contact information from businesses, including that may be of interest to you in your job search. Document your relationships via business card collection or e-mail mailing lists. Consider searching for and meeting University of Rochester alumni in the city or country where you are studying.
- If you obtain a summer internship while abroad, consider applying for Reach Funding. Reach Funding is a small stipend from the Career and Internship Center for an unpaid career related internship. Applications are available after February 15th and can be submitted from abroad.

When you return...

- Mail or email thank you notes and update letters to all of your contacts.
- Attend the Study Abroad Returnee session and subsequent "unpacking your study abroad experience" sessions. These offerings will help you translate your experience abroad into language and anecdotes that employers can understand the value of.
- Update your resume with information about study abroad experience. Stop by the Career and Internship Center to have a counselor look it over and assist you in posting it in [Handshake](#).
- Work with a Career Counselor to learn how to talk about your experience abroad in cover letters and interviews. Learn how to relate it to the world of work, and don't assume employers will just intrinsically understand how studying abroad makes you a good candidate.
- Schedule an appointment with a counselor, if you haven't already, so you can learn how to participate in on campus recruiting, maintain awareness of postings, and discuss your plans for the future!

INFORMATION ABOUT THE TAKE 5 SCHOLARS PROGRAM

Many study abroad students are interested in participating in the "Take 5" Scholars program once they return from their study abroad experience. Check out the following website to learn more details: <http://www.rochester.edu/College/CCAS/TakeFive/>.

INFORMATION ABOUT FELLOWSHIPS & SCHOLARSHIPS FOR GRADUATE STUDY ABROAD

While you are abroad, investigate academic fellowships opportunities for international or domestic study, or teaching English abroad, after you graduate. Many senior-year awards competitions, such as the Fulbright and Rhodes, have early fall deadlines, and application preparation should begin before the end of the junior year. Check out the following website for more details: <http://www.rochester.edu/college/studentfellowships/>

INFORMATION ABOUT PRE-MED

If you are interested in medical, dental, optometry, osteopathy, physician assistant or veterinary school, please read the following information. Every year the University of Rochester has students who go abroad in the spring and successfully apply to the Health Professions school of their choosing. The key to pursuing an interest in the Health Professions while studying abroad is to familiarize yourself with the application process and deadlines before you go abroad.

Studying abroad is a wonderful opportunity that we hope all students take advantage of. Planning in advance is key. Please be advised that you are expected to adhere to all listed deadlines. Most Rochester students who go abroad do so during the junior or senior year.

Important considerations to address when considering studying abroad with an interest in the health professions:

- If you plan to enter professional school the September after graduation, you must take the necessary standardized admissions test(s) no later than July before your senior year.
- The application process always begins in the spring semester approximately 17 months before you wish to begin your health professions program. This is the time when you will learn about the application process, make a list of places to apply to, and solicit letters of recommendation.
- The health professions interview season runs from late summer to late spring. You may contact schools to request interviews for the time(s) when you will be back in the States, but there's no guarantee that your requests will be honored.

There are alternatives. Summer study abroad programs are one option, and study abroad for just the fall semester of your junior year is another. You might also consider delaying your application to professional school by one year, particularly if you hope to spend a full academic year abroad. Once again, the choice is yours. Many students have been able to balance study abroad with a successful application to a health professions graduate school.

Contact a Health Professions Adviser (Caterina Tempest or Carrie Nicci):
URhealthprofessions@rochester.edu